

# Elementary School Lunch Menu

| 21 - 25 SEPTEMBER  |   |  |   |   |
|--|---|--|---|---|
| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
| <b>Choose 1 Entrée</b>   |   |  |   |   |
| BBQ Riblet<br>Baked Chicken Drumsticks                               | WG Cheese Pizza<br>Cheeseburger on WG Bun                                   | Turkey Sausage<br>Cheese Omelet                                      | Hamburger on WG Bun<br>Ham & Cheese on WW   | WG Baked LF Chicken Corn Dog<br>Ravioli*  |
| <b>Choose 2 - 5 Sides Items</b>                                      |   |  |   |   |
| Broccoli<br>Applesauce<br>Oatmeal Cookie<br>Whole Wheat Roll<br>Milk | Fresh Carrots & Celery w/FF /Dip<br>Chilled Pears<br>Fruited Jell-O<br>Milk | French Toast Sticks or Waffles<br>Baked Tater Tots<br>Banana<br>Milk | Oven Baked Potato Wedges (PAC)<br>Baked Sweet Potato Fries (EUR)<br>Fruit Cup<br>Fruited Jell-O<br>Milk | Garden Side Salad<br>Chilled Peaches<br>Whole Grain Roll*<br>LF WG Muffin<br>Milk |

| 28 SEPTEMBER - 2 OCTOBER   |   |   |   |  |
|--|---|---|---|--|
| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
| <b>Choose 1 Entrée</b>   |   |   |   |  |
| Chicken Patty on a Bun*<br>Chef Salad                                    | WG Pepperoni Pizza<br>Grilled Turkey & Cheese on WW                       | 2 Soft Tacos w/ Cheese<br>Chicken Quesadilla  | Spaghetti w/ Meat Sauce<br>Chef Salad   | Baked Chicken Fries<br>Baked Baja Fish Sticks  |
| <b>Choose 2 - 5 Side Items</b>   |   |   |   |  |
| Mac & Cheese<br>Garden Salad*<br>Soft Wheat Pretzel<br>Fruit Cup<br>Milk | Seasoned Corn<br>Garden Side Salad<br>Fruit Cup<br>Fruited Jell-O<br>Milk | Refried Beans<br>Carrots, Broccoli & Cauliflower<br>Chilled Pears<br>Cinnamon Graham Crackers<br>Milk | Green Beans<br>Chilled Fruit Cocktail<br>Garlic Toast<br>Fruited Jell-O<br>Milk | Pasta Salad / Banana<br>Cucumber & Carrot Sticks<br>Goldfish Crackers (PAC)<br>Animal Crackers (EUR)<br>Milk |

| New Menu = More Choices   |  | OCT 5 - 9   |  | New Menu = Healthier Choices  |
|---|--|---|--|---|
| Entrée - Choose 1   | Entrée - Choose 1  | Entrée - Choose 1   | Entrée - Choose 1  | Entrée - Choose 1   |
| Baked Chicken w/ Dinner Roll<br>Blackbean Burger on a Bun (V)<br>Nic Nac Chicken Salad w/ Crackers<br>Fruit & Yogurt Parfait* (V)<br>Cheese Salad (V) | Cheese Pizza (V)<br>Chicken Fillet on WG Bun<br>Ham Salad w/ Crackers<br>Fruit & Yogurt Parfait* (V)<br>Cheese Salad (V) | Spaghetti w/ Meat Sauce & Bread Stick<br>Turkey Sandwich<br>Grilled Chicken Caesar w/ Crackers<br>Fruit & Yogurt Parfait* (V)<br>Cheese Salad (V) | BBQ Riblets w/ Dinner Roll<br>Breaded Chicken Chunks w/ Dinner Roll<br>Chef Salad w/ Crackers<br>Fruit & Yogurt Parfait* (V)<br>Cheese Salad (V) | Lasagna w/ Garlic Toast<br>Fish Sticks w/ Garlic Toast<br>Chicken Fillet Salad w/ Crackers<br>Fruit & Yogurt Parfait* (V)<br>Cheese Salad (V) |
| Side Items - Choose 3   | Side Items - Choose 2  | Side Items - Choose 2   | Side Items - Choose 2  | Side Items - Choose 3   |
| Flame Roasted Potato Medley<br>Sweet Kernel Corn<br>Chilled Pineapples<br>Craisins<br>Dolphin Crackers  | Carrot & Celery w/FF Dip<br>Tomato & Cucumber Salad<br>Melon Fruit Cup<br>Fresh Sliced Apples                            | Green Beans<br>Garden Side Salad<br>Chilled Pears<br>Fresh Fruit Cup  | Mashed Potatoes w/ Gravy<br>Steamed Broccoli<br>Chilled Peaches<br>Banana  | Steamed Carrots<br>Green Beans<br>Applesauce<br>Juicy Orange Wedges<br>Blueberry Muffin   |

WW=Whole Wheat; WG=Whole Grain; FF=Fat Free; RF=Reduced Fat; LF=Low Fat; H&C=Ham & Cheese; T&C=Turkey & Cheese

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Note: Milk offered daily

\*Fruit & Yogurt Parfait availability may vary depending on location

Beginning 5 October Vegetarian and Gluten-Free Options are available. Please see your school Nurse or Cafeteria Manager for options.

\*\*\*Some schools offer fewer choices than listed above for various reasons. Please see your cafeteria manager with questions.\*\*\*

